

BURN BRIGHTLY

without Burning Out*

As impossible as it may seem profession, relationships, ministry, and other facets of our life can work together – without burnout. In this seminar we will examine 18 contrasts & Bible-based truths to help you better manage your commitments and live a life that shines bright.

You don't have to settle for a life that's flickering or even on the brink of burnout.

Schedule:

Monday

Anatomy of a Burning Bright Life

Lessons on the meaning of life and values

Tuesday

Back To Basics I – What You Think You Are

Lessons on priorities, influence, confidence, & power

Wednesday

Back To Basics II – What You Do You Are

Lessons on thinking big, results, wisdom, & choices

Thursday

The Disciplines Of Life – What You Do You Keep Doing

Lessons on good health, self-discipline, peak performance, & perspective

Friday

Force Of Character – What You Keep Doing Determines Destiny

Lessons on courage, accountability, intentionality, & legacy

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BURN BRIGHTLY

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I. Anatomy of a Burning Bright Life

Lessons on the meaning of life and values

God has never, and will never write a premature obituary for you or for me. Our situation may look bad, yes, even dire, but when God sees hope and possibility He will never extinguish a flame even if it's ready to die out. He refuses to "call it" unless all prospects are gone (see Matt. 12:20).

- To burn brightly for God a _____ is required, which is based on a "____-____-____" mentality.
- You can burn brightly by balancing your life. How? You must be _____ about your life - have a purpose, be deliberate; and you must _____ yourself - be consistent and continuous without over exerting yourself.
- You can't just run on the fast track. You must run on _____ track. It's a difficult balancing act, but the Bible teaches us that burning brightly is a very real proposition (see Matt. 5:14-16; Isa. 60:1-3; Rev. 18:1; 2 Cor. 4:6, 7).
- Three things are needed for the flame of a candle to keep burning:
 1. _____ - private & constant prayer
 2. _____ - study of the Word of God
 3. _____ - love of God in the heart that leads to loving service
- A successful Christian life will never be the result of _____ or _____ (see Patriarchs & Prophets, p. 214, 217).
- The ingredients are for a successful life: "the _____ of _____ with _____." (Ibid. p. 509).

A. CHOOSE _____ OVER _____ : A Lesson On Values

"A good name is rather to be chosen than great riches, and loving favor rather than silver and gold" - Prov. 22:1

Compare the difference:

Image is the general impression someone has of me. It's how I'm _____.

Integrity is the quality of being _____ and having strong _____ principles.

You can't spell *integrity* without the word *grit*:

G _____: "a firmness of mind, unyielding courage" that leads to...

R _____: "a high or special regard" by others that fosters...

I _____: "which produces an effect without force" based on...

T _____: "that which agrees with final reality."

"There is in true Christian character an indomitableness that cannot be molded or subdued by adverse circumstances. We must have moral backbone, an integrity that cannot be flattered, bribed or terrified." - Ministry Of Healing, p. 498 (see also 4T p. 367, MH p. 453, 469 & Ed. p. 57)

Benefits of integrity are:

- 1) _____ of others
- 2) _____ others
- 3) _____ God

The price tag if we're not honest is:

- 1) _____ mind
- 2) _____ heart
- 3) _____ body
- 4) _____ soul

"Following the path of least resistance is what makes men and river crooked." – Larry Bielat

B. BE ON-_____: A Lesson On The Meaning Of Life

"Mark the perfect man, and behold the upright: for the end of that man is peace." - Ps. 37:37

Compare the difference:

A mission is a series of _____, _____ - _____ activities. Missions _____ all the time.

A purpose is an _____ - _____ expression of why something exists. A purpose remains _____.

Why write down a life statement?

- It demands a sorting out of what's _____
- Provides clear _____
- Offers sharp _____
- Builds _____
- Requires long-term _____
- Contributes _____ and _____ of life
- Simplifies _____ making
- Affords a valuable tool for _____ and _____

"Most people don't lead their lives – they accept their lives." - John Kotter

"The mind, the heart, that is indolent, aimless, falls an easy prey to evil. It is on diseased, lifeless organisms that fungus roots. It is the idle mind that is Satan's workshop. Let the mind be directed to high and holy ideals, let the life have a noble aim, an absorbing purpose, and evil finds little foothold." - Education, p. 190

To craft a purpose statement, do the following:

1. Find a guiding principle as your anchor
2. Make a list of your life priorities
3. State your strongest character quality
4. Write qualities you admire most in your role models

5. Jot down phrases you feel should be put a part of this document
6. Make an outline
7. Prepare a rough draft
8. Edit, rewrite and polish
9. Ask for feedback from close friends, spiritual advisors, spiritual family members
10. Put the finished document in a prominent place and refer to it often

Sample:

Built around Micah 6:8

I will endeavor to be fair and do what is right (do justly).

I will seek to serve others by affirming them, and building them up (love mercy).

I will strive to live for God by trusting His way over mine (walk humbly with God).

Your Turn:

“The average man does not know what to do with his life, yet wants another one which will last forever.”

– Arnold France

“It is not the man with a motive but the man with a purpose who prevails.”

II. Back To Basics I: What You *Think* You Are

Lessons on priorities, influence, confidence, & power

Just like the Centennial light bulb that hasn't dimmed or faded for over 100 years, God desires that His children's light will never go out. With persistence and perseverance, God longs to have His children shine brightly for Him without burning out (see Matt. 5:14-16).

We start with the basics:

- "For as he _____ in his heart, so is he..." - Prov. 23:7. "Keep your _____ with all diligence; for out of it are the issues of life." - Prov. 4:23. We are the _____ of our own thoughts.
- "The only security for any soul is right _____. That which at first seems difficult, by constant repetition grows easy, until right thoughts and actions become habitual." - Help In Daily Living p. 34
- "None should consent to be mere machines, run by another man's mind. God has given us ability, to _____ and to _____. Stand in your God-given personality. Be no other person's shadow. Expect that the Lord will work in and by and through you." - Ibid. p. 43
- A German proverb says, "Better an empty purse than an empty _____."
- Victor Hugo said, "A small man is made up of small _____."

"Little men with little minds and little imaginations go through life in little ruts, smugly resisting all changes which would jar their little worlds." - Anonymous

C. LIVE YOUR LIVES _____ : A lesson On Life's Priorities

"Delight thyself also in the Lord; and He shall give thee the desires of thine heart. Commit they way unto the Lord; trust also in Him; and He shall bring it to pass. And He shall bring forth they righteousness as the light, and they judgment as the noonday" - Ps. 37:4-6

Compare the difference:

Time priorities are how I _____ the _____ in a day to my priorities.

Life's priorities are _____ the major _____ of my _____ where I spend my days.

To help sort out what's important determine your life priorities by asking three crucial questions:

1. What is _____ of me?
2. What will _____ God?
3. Is this within my _____ zone?

"He is a wise man who wastes no energy on pursuits for which he is not fitted; and he is wiser still who from among the things he can do well, chooses and resolutely follows the best." - William Gladstone

"A resolute purpose, persistent industry, and careful economy of time, will enable men to acquire knowledge and mental discipline which will qualify them for almost any position of influence and usefulness." - Christ Object Lessons, p. 344

My life priorities chart:

The ideal number of life priorities is between _____ and _____. With less than three, you'll probably be out of _____. With more than seven, you'll likely be _____ and eventually burn out.

"Devoting a little of yourself to everything means committing a great deal of yourself to nothing" – Michael LeBoef.

- Don't _____ if a particular day is out of balance
- _____ for weekly, monthly, quarterly, or even yearly balance.
- There's no such thing as _____ balance.

"Success is a matter of luck, ask any failure."

D. BE A _____ MAKER: A Lesson On Influence

"And they that be wise shall shine as the brightness of the firmament; and they that turn many to righteousness, as the stars for ever and ever." - Dan. 12:3

Compare the difference:

A role model is "a person looked to by others as an _____ to be _____."

A mentor is "an experienced and trusted _____." Think Jesus.

Role modeling _____ since you don't choose to be admired; you're chosen.
The only question is, "Are you setting a positive or negative example?"

Mentoring _____ because you get to say yes or no to someone. The only question is, "If you don't get involved, who will?"

What is the measure of a master mentor?

1. **They _____ what is _____**
2. **They turn _____ into _____**
3. **They use _____ to _____**
4. **They _____ deep _____.**

"Christ's method alone will give true success in reaching the people. The Saviour mingled with men as one who desired their good. He showed His sympathy for them, ministered to their needs, and won their confidence. Then He bade them, "Follow Me." - Ministry of Healing, p. 143

"One person with passion is greater than ninety-nine who have only interest."

"Do all the good you can, in all the ways you can, in all the places you can, at all times you can, to all people you can, as long as you ever can." - John Wesley

E. SUCCESS COMES WITH _____ & _____: A lesson On Confidence

"For I bear them record that they have a zeal of God, but not according to knowledge" (Rom. 10:2).

Compare the difference:

Ability enables you to perform _____ in all areas of your life. It's derived from God-given talent, aptitude, and skill.

Attitude is your mental outlook on life. It's how you _____ to life experiences – negatively or positively.

Without ability you're _____. Without a positive attitude, you lack the _____ needed to reach God's ideal for your life.

We are to not rest satisfied unless we are _____, but also beware of ministry's attitude adjusters:

1. **Problems:** "No one is immune to problems. Even the lion has to fight off flies."
To be successful in life we need to turn obstacles into _____, and get help from those that have converted problems into _____.
2. **Self-pity:** It's the "_____?" syndrome. Instead of having a pity party, think about how you'll face the _____ in spite of what's happened,
3. **Worry:** Worriers tend to give small things a big shadow. Keep in mind that many worries never come _____, and mostly are out of your _____ anyway. You need to focus on the things you _____ change.
4. **Criticism:** Use constructive criticism that begins with _____ a person for what they did _____, then suggest _____, and end with something that provides _____.

5. **Fear of Failure:** Most of those who've succeeded in life have _____ their way to success. _____ from your failures, focus on what does work, and face the future with a "can do" attitude.

"It is not the capabilities you now possess, or ever will have, that will give you success. It is that which the Lord can do for you. We need to have far less confidence in what man can do, and far more confidence in what God can do for every believing soul. He longs to have you reach after Him by faith. He longs to have you expect great things from Him. He longs to give you understanding in temporal as well as in spiritual matters. He can sharpen the intellect. He can give tact and skill. Put your talents into the work, ask God for wisdom, and it will be given you." - Christ's Object Lessons, p. 146

"Of all sad words of tongue or pen, the saddest are these: 'It might have been!'" – John Greenleaf Whittier

F. DON'T GET _____: A Lesson On Power

"Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before." - Phil. 3:13

Compare the difference:

Facts are pieces of _____ contributing to your knowledge, skills, and abilities.

"Knowledge is only potential power. It becomes power only when, and if, organized into definite plans of actions and directed towards a definite end." - Napoleon Hill

Focus, or intense consecration, enables you to make _____ of what you know.

It doesn't matter what you know if you don't use it properly. This requires razor-sharp focus, which comes from doing these things well:

1. Define your _____
2. Determine your _____
3. Develop your _____
4. Decide on your _____

Focus Funnel:

“The ability to fix the thoughts on the work in hand is a great blessing...This kind of mental discipline will be helpful and beneficial throughout life. Those who learn to put thought into everything they undertake, however small the work may appear, will be of use in the world.” - Messages to Young People, p. 149

- You can't afford to _____ time because there's little of it.
- Be _____ about what you learn because you won't live long enough to apply all you know.
- Don't settle for anything less than crystal-clear _____.
- If you mess up, _____ and be prepared to take advantage of the next opportunity.

“If what you did yesterday still looks big to you, you haven't done much today.”

III. Back To Basics II: What You *Do* You Are

Lessons on thinking big, results, wisdom & choices

The only hope for a dead man walking is revival, resuscitation, and renewal that comes from above. The word “quicken” means “to make alive” and is used 14 times in the NT referring to a change from death to life, a rebirth, a new life. It’s God’s purpose to bring us into a new sphere, a new relationship that is governed by new principles. He wants us to burn brightly for Him (see Eph. 2:1)!

Back to basics *again*:

- “Wherefore by their fruits you shall _____. Not everyone that says to me, Lord, Lord, shall enter the kingdom of heaven; but he that does the will of My Father which is in heaven.” - Matt. 7:20, 21. Jesus says, that what you _____ says more about you than what you _____.
- “We _____ what we repeatedly _____. Excellence, then, is not an act, but a habit.”
– Aristotle
- You are what you do, not what you say you'll do.
- What you _____ or _____ do; what you repeat, or what you put off says everything there needs to be said about who you _____.
- “Every tree is known by its own fruits. Our _____, our _____, are the fruit we bear” (1T, p. 416).

“Always tell the truth, and you never have to remember what you said.” – T. L. Osborn

G. DARE TO _____: A Lesson On Thinking Big

"Where there is no vision the people perish." - Prov. 29:18

Compare the difference:

Vision is a _____ view of where you believe God is leading you.

Goals are _____ lists of what you intend to do to accomplish your vision for God.

Thinking big and large for God is great. "Some have no firmness of character. Their plans and purposes have no definite form and consistency...Many who are qualified to do excellent work accomplish little because they attempt little. Thousands pass through life as if they had no great object for which to live, no high standard to reach." - Ministry of Healing, p. 498.

But, in order to get big results you have to set goals. Use the following to help you:

1. **R**_____: Your goals must be aligned with high standards of Christian ethics.
2. **R**_____: Your goals need to be tempered with reality and patience.
3. **R**_____: Want to think it, you've got to ink it!
4. **R**_____: Give it a deadline and have a sense of urgency.
5. **R**_____ to maintain the intensity of your focus.
6. **R**_____: How many people have failed to reach their goal when the end was around the bend?
7. **R**_____: Goals may have to be postponed because of emergencies.

"The nose of the bulldog is slanted backwards so he can continue to breathe without letting go."

H. JUST _____ IT!: A Lesson On Results

"And the Lord said unto Moses,...Speak to the children of Israel that they go forward." - Ex. 14:15

Compare the difference:

A plan is an _____. It's _____. The blueprint is drawn, but the work hasn't begun.

A priority is a plan whose _____. It's _____. The notion is set in motion because it has become of leading importance.

Prioritizing is the _____ of your goals in the order of _____. If you plan to get something done in life, and experience a thriving journey follow these five points:

1. **D_____ the Importance:** Make sure your priority is just that, or you'll be busy and unproductive.
2. **D_____ It:** Never forget that a priority gets preference over anything else.
3. **D_____ on a Plan of Implementation:** Beware of the dreaded disease known as "paralysis of analysis" by planning your work, then working your plan.
4. **D_____ if Possible:** "There's no point doing well that which you shouldn't be doing it all" - John Maxwell
5. **D_____ It!:** While planning are important, there's no substitute for action.

"Whatever your work may be, dear brethren and sisters, do it as for the Master, and do your best. Do not overlook present golden opportunities and let your life prove a failure while you sit idly dreaming of ease and success in a work for which God has never fitted you." - Colporteur Ministry, p. 68

"Don't spend a dollars worth of time on ten cents worth of results."

I. MAINTAIN YOUR _____: A Lesson In Wisdom

"Then I told them of the hand of my God which was good upon me; and also the king's words that he had spoken unto me. And they said, Let us rise up and build. So they strengthened their hands for this good work." - Neh. 2:18

Compare the difference:

Motivation is about _____. It means you have the inner _____ and physical _____ to make something happen.

Inspiration is about _____. It's how you're stimulated mentally, emotionally and spiritually by _____ forces.

Remember this truth: to gain a great _____ of _____, surround yourself with the greatest _____ of _____. Here are several ways to better inspiration, and in turn, greater motivation:

1. **Read from your _____ every day.**
2. **Listen to educational _____ or _____ often.**
3. **Belong to an _____**
4. **Attend a worthwhile _____ at least once a year.**
5. **Review _____**

"The follower of Jesus should be constantly improving in manners, in habits, in spirit, and in labor. This is done by keeping the eye, not on mere outward, superficial attainment, but on Jesus." - Gospel Worker, p. 283

"The strength of a man consists in finding out the way God is going, and going that way."

J. PUT AWAY _____: A Lesson On Choice

"He also that is slothful in his work, is brother to him that is a great waster." - Prov. 18:9

Compare the difference:

Procrastination is the subtle art of _____ your _____. The procrastinator is caught in the twilight zone between "I'm going to" and "I did". The result is _____ and _____.

Decisiveness is you will to overcome the greatest _____ in your life – the one between _____ and _____. The decisive person has the _____ to make difficult choices and the _____ to act.

You can decrease procrastination by observing these five points to greater decisiveness:

1. **Give careful consideration to all the _____ and _____.**
2. **Pay attention to _____ and _____.**
3. **Don't _____ - _____ yourself once you make a decision.**
4. **Believe you'll probably make more _____ choices than _____ ones.**
5. **Anticipate _____, but don't be afraid to _____.** Sir Winston Churchill said, "Success is going from failure to failure without the loss of enthusiasm."

It's important to ask some critical questions when making a difficult decision:

- a) What would Jesus do?
- b) What will happen if I don't act?
- c) What are the possibilities if I do act?

- d) If for some reason it doesn't work out, what's the worst thing that could happen, and can I deal with the consequences?

"It is even more excusable to make a wrong decision sometimes than to be continually in a wavering position; to be hesitating, sometimes inclined in one direction, then in another. More perplexity and wretchedness result from thus hesitating and doubting than from sometimes moving too hastily...I have been shown that the most signal victories and the most fearful defeats have been on the turn of minutes. God requires promptness of action. Delays, doubtings, hesitation, and indecision frequently give the enemy every advantage" (Gospel Workers, p. 134).

"Procrastination is the ability to keep up with yesterday."

IV. The Discipline Of Life: What You Do You Keep Doing

Lessons on good health, self-discipline, peak performance & perspective

It may seem hard to believe, but there is another wealth, by far greater than all the countless billions of chevronets and dollars in the world that go unclaimed by many. Even in the church, many unfortunate souls wonder why they find themselves spiritually impoverished and lacking when the riches of heaven often await their demand and reception. We don't need to settle for a life that's flickering or on the brink of burnout, when God holds out marvelous possibilities and promises (see Phil. 4:19).

The Discipline Of Life:

- What we do we _____ doing. That's called a _____, and habits shape the _____.
- King Saul's problem started in his _____, then transferred to negative _____, which developed into bad _____, and by the end of his sad life his character was so _____ he turned to a witch for help.
- Once you _____ down a road it's hard to _____.
- Habits are good _____.
- "That which at first seems difficult, by constant _____ grows _____ and right thoughts and actions become habitual." - The Ministry of Healing, p. 491
- "Never forget that thoughts work out actions. Repeated actions form habits, and _____ form _____." - Upward Look, p. 89

"We should work to become, not to acquire."

K. BE _____ TO LIVE: A Lesson On Good Health

"But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run and not be weary; and they shall walk and not faint." - Isa. 40:31

Compare the difference:

Burnout is the _____ of your spiritual, mental, physical, or emotional _____.

Enthusiasm is derived from the Greek word *enthousiasmos*, which means, "to be filled with _____." The challenge is to be balanced enough to maintain your enthusiasm without burning out.

You can't do your best if you don't _____ your best.

"I saw that we should encourage a cheerful, hopeful, peaceful frame of mind, for our health depends upon our doing this. I saw that it was duty for everyone to have a care for his health, but especially should we turn our attention to our health, and take time to devote to our health that we may in a degree recover from the effects of overdoing and overtaxing the mind. The work God requires of us will not shut us away from caring for our health. The more perfect our health, the more perfect will be our labor." 5MR 105

To lessen your risk of burnout, optimize your enthusiasm, and increase your chances for a healthier life, practice these Eight Elite Enhancers Of Longer Life (N.E.W.S.T.A.R.T.):

1. **N**_____: Eat more, weigh less.
2. **E**_____ reasonably and consistently.
3. **W**_____: avoid caffeine and cola's.
4. **S**_____: enjoy God's great outdoors
5. **T**_____: moderate use of good things while avoiding things that are harmful.

6. **A**_____: fresh is best.
7. **R**_____: sleep well, relax when you need to, and remember the Sabbath day to keep it holy.
8. **T**_____: rest in His forgiveness, abide in His love, know He'll take care of your needs, and maintain a good sense of humor.

"The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not." - Mark Twain

L. WORK _____ NOT _____ : A lesson on self-discipline

"So built we the wall; and all the wall was joined together unto the half thereof: for the people had a mind to work." - Neh. 4:6

Compare the difference:

Hard work, the physical _____ necessary for success, is of no value when directed toward the _____ endeavor.

Good habits enable you to work _____. Discipline, the ability to _____ bad habits into good habits, ensures that hard work is directed toward worthwhile _____.

Here are four great thoughts on developing good habits:

1. "The common denominator of success...of every person who has ever been successful lies in the fact that they formed the habit of _____ that failures _____ to do."
2. "Every single qualification for success is acquired through habits. People form _____ and habits form _____. If you do not _____ form good habits, then _____ you will form bad ones."
3. "Successful people are influenced by the desire for pleasing _____. Failures are influenced by the desire for pleasing _____."
4. "You will never succeed beyond the purpose to which you are willing to _____."

"Of every Christian the Lord requires growth in efficiency and capability in every line. Christ has paid us our wages, even His own blood and suffering, to secure our willing service. He came to our world to give us an example of how we should work, and what spirit we should bring into our labor." - Christ Object Lessons, p. 330, 331

"Say no to many good ideas. Say yes to the great ones."

M. TREAT TIME WITH _____: A Lesson On Peak Performance

"So the wall was finished in...fifty and two days." - Neh. 6:15

Compare the difference:

Managing Life Priorities deals with the _____ where you _____ your life – work, family, church, exercise, etc.

Managing Time Priorities deals with how you _____ each day _____ your life priorities.

Live by this motto. "To live well: you must have a faith fit to live by, a self fit to live with, and a work fit to live for."

"Guard well your spare moments. They are like uncut diamonds. Discard them and their value will never be known. Improve them and they will become the brightest gem in a useful life." – Ralph Waldo Emerson

"Our time belongs to God. Every moment is His, and we are under the most solemn obligation to improve it to His glory. Of no talent He has given will He require a more strict account than of our time. The value of time is beyond computation. Christ regarded every moment as precious, and it is thus that we should regard it. Life is too short to be trifled away." - Christ Object Lessons, p. 342

If you don't decide how your day will be spent, someone else will. These Ten Terrific Time Saving Tactics will help you get more out of each day:

1. Be more _____ by using the Focus Funnel
2. Observe the _____ program
3. Minimize procrastination by being more _____.

4. **Beware of _____.** Procrastination is never starting, but perfectionism is never _____.
5. **Learn to say _____ without feeling guilty.** You, not others, must decide on the wisest use of your time.
6. **Believe it's easier to be _____ than disorganized.** Remember, that organization is not a state of being, but rather something ongoing.
7. **Eliminate costly time _____.** If you don't prioritize your day, it will be prioritized for you.
8. **Use professional _____ and _____.**
9. **Make _____ a good habit.** Being late marks you as being unreliable.
10. **Become an exceptional _____.** If you really care about a person, you'll pay close attention to the message.

"Dost thou love life? Then do not squander time, for that's the stuff life is made of." – Benjamin Franklin

N. NEVER _____!: A Lesson On Perspective

"And let us not be weary in well-doing: for in due season we shall reap, if we faint not." - Gal. 6:9

Compare the difference:

Desisting means _____.

Persisting means _____ even when things aren't going as planned. It's a "lifetime commitment achieved through daily devotion to duty."

"The path that Christ marks out is a narrow, self-denying path. To enter that path and press on through difficulties and discouragements, requires men who are more than weaklings." – Evangelism, p. 480

Your life's turning points can be wonderful teachers of persistence. What are some of life's turning points?

Happy one's include:

- getting baptized
- graduating from college
- being promoted at work
- getting married, and having children
- starting a business

Sad one's include:

- losing a job
- going through a divorce
- experiencing financial setback or health problems
- losing a loved one through death

Suggestion: A worthwhile exercise is _____ your life and _____ the years of your turning points, what _____ they brought, if enough _____ has elapsed, and what the long-term _____ has been.

"Don't die, until you're dead."

V. Force Of Character: What You Keep Doing Determines Destiny

Lessons on courage, accountability, passion, & intentionality

When the issues are critical it requires immediate attention and action. There are some things in life that you cannot put off until tomorrow. They have to be done today, or the consequences may be catastrophic. Some things matter little if we put them off until tomorrow, but other things we put off to our eternal loss. If your life is flickering, or on the brink of burnout, now is the time to act. You can't let it go out now...we're nearing home and Christ desires our lamps to be trimmed and burning (see Luke 12:35).

Force Of Character:

- "What a man _____ has more influence than what he _____. " - Help In Daily Living, p. 7
- "Christian life is more that many take it to be. It does not consist wholly in gentleness, patience, meekness, and kindness. These graces are essential; but there is need also of _____, _____, _____, and _____. " - Help In Daily Living, p. 41
- "Some who engage in missionary service are weak, nerveless, spiritless, easily discouraged. They lack push. They have not those positive traits of character that give power to do something—the spirit and _____ that kindle _____. Those who would win success must be _____ and _____. They should cultivate not only the _____ but the _____ virtues. While they are to give the soft answer that turns away wrath, they must possess the courage of a hero to resist evil. With the charity that endures all things, they need the force of character that will make their influence a positive power." - Help In Daily Living, p. 41, 42
- "Actions repeated form habits, habits form character, and by the character our _____ for time and for eternity is decided." - Christ Object Lessons, p. 356

"The difference between ordinary and extraordinary is that little extra." – Zig Ziglar

O. _____ TO _____ : A Lesson On Courage

"Have not I commanded thee be strong and of a good courage; be not afraid, neither be thou dismayed, for the Lord thy God is with thee whithersoever thou goest." - Josh. 1:9

Compare the difference:

Are you mastered by change? Are you in a _____ and still digging? Do you find yourself saying things like, "We've always done it this way...Why do we have to do it _____?"

Or do you master change? Do you get _____ about _____ ways to do old things? Do you _____ opportunities to learn and grow by getting out of your comfort zone? Are you _____ to take risks even when you're ridiculed and second-guessed?

Here are four unique perspectives on dealing successfully with the challenge of change:

1. **No change is _____.** In the past century there has been more change than all the other centuries combined.
2. **Some change is _____.** People can rationalize their immoral behavior because "everybody else is doing it," but it doesn't make these truths any less relevant.
3. **Most change is _____.** "The pain of every change is forgotten when the benefit of that change is realized."
4. **Every change has _____.** The question isn't, "Will change bring consequences?" The question is, "Will the consequences of this change make me better off in the long run than I am today?"

"Our heavenly Father has a thousand ways to provide for us of which we know nothing. Those who accept the one principle of making the service of God supreme, will find perplexities vanish, and a plain path before their feet." - The Ministry of Healing, p. 481

"Don't ever take a fence down until you know the reason why it was put up." - G. K. Chesterton

P. _____ TO _____: A Lesson On Accountability

"Come unto Me all ye that labor and are heavy laden and I will give you rest." - Matt. 11:28

Compare the difference:

Stress is your body's _____ to _____, challenge, coercion, or lack of control.

Serenity is a state of _____ designed to _____ tension.

A stress free life would be _____. A stressed-out life can lead to _____.

"He [Jesus] did not urge upon His disciples the necessity of ceaseless toil. . . . "Come ye yourselves apart, . . . and rest a while," He says to those who are worn and weary. It is not wise to be always under the strain of work and excitement, . . . for in this way personal piety is neglected, and the powers of mind and soul and body are overtaxed." - The Faith I Live By, p. 233

To burn brightly without burning out, take times of repose in the following areas:

- **S**_____: When you turn to God and help others, you tend to forget about your own trouble.
- **M**_____: Don't get bogged down with the daily grind. Find time to stimulate your mind.
- **P**_____: "If you can't control your body, you can't control your mind. Make an appointment with yourself to exercise and keep it."
- **E**_____: The anticipation of "breaking away" is a stress reliever in itself.

Most of life turmoil is out of your _____, but you can take charge of your _____. Enjoy them. Make the most of them. Cherish them.

"Stop every day and look at the side of God."

"Retreat to advance. Sometimes the most important...thing we can do is get away to a...quiet place."

Q. LIVE THE _____ LIFE: A Lesson On Intentionality

"I am come that they might have life, and that they might have it more abundantly." – John 10:10

Compare the difference:

Professional Success is measured _____ for the most part. Tangible possessions such as homes, cars, clothes, savings tend to determine your level of prosperity.

Personal Happiness is measured _____ at the highest level. Intangibles such as serving God, encouraging others, having integrity are marks of true fulfillment.

While professional success can be a part of your personal happiness, no amount of career achievement can _____ for failure in your personal life.

To discover the abundant life Jesus promised consider these points:

- **F** _____: "Now faith is the substance of things hoped for, the evidence of things not seen." - Heb. 11:1
- **F** _____: "Freedom without limits brings chaos." – Donald E. Wildman.
- **F** _____: "The foundation of civilization and human relationships is the family." – Dr. Laura Schlessinger.
- **F** _____: "One friend in a life is much, two are many, three are hardly possible." – Henry Brook Adams.
- **F** _____: "The unselfish love and concern for the welfare of others." – Webster's Dictionary.
- **F** _____: "Only the brave know how to forgive...a coward never forgave; it is not in his [or her] nature." – Laurence Stern.
- **H** _____: "the first wealth is health." – Ralph Waldo Emerson.

- **H_____**: “There is no medicine like hope, no incentives so great, and no tonic so powerful as expectation of something better tomorrow.” – Orison Swett Marden.

“Jesus does not release us from the necessity of effort, but He teaches that we are to make Him first and last and best in everything. We are to engage in no business, follow no pursuit, seek no pleasure that would hinder the outworking of His righteousness in our character and life. Whatever we do is to be done heartily, as unto the Lord.” - God’s Amazing Grace, p.

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“We have no more right to consume happiness without producing it than to consume wealth without producing it.” – George Bernard Shaw

R. BE _____: A lesson On Legacy

"And God is able to make all grace abound toward you; that ye, always having all sufficiency in all things, may abound to every good work." - 2 Cor. 9:8

Compare the difference:

Making a living is necessary to sustain _____. But no matter how much money you earn in a lifetime, these assets become to property of other at your death.

Making a difference is about _____. It's how others will remember you. "Death only closes a [person's] reputation, and determines it as good or bad." - Joseph Addison

Making a difference is more _____ than making a living. You make a difference by _____ your life lessons to others. Your legacy is best secured when you help others burn brightly for _____.

"Find Us Faithful"

Oh may all who come behind us find us faithful

May the fire of our devotion light their way

May the footprints that we leave

Lead them to believe

And the lives we live inspire them to obey

- Money _____ leads to _____. Money _____ leads to _____.
- A life _____ the Spirit of _____ leads to _____. A life _____ the Spirit of _____ leads to _____.
- Your eulogy wont be based on how you earned your living, but based on the _____ you _____ while living.
- Live for the _____ of God. Live with _____. Be a source of _____ to others. Let your influence be a _____ of your Creator. _____ for Him.

"If you would not be forgotten as soon as you are dead, either write something worth reading or do something worth writing." - Benjamin Franklin

Burn Brightly Without Burning Out

The Priority Sieve



The What

Facts Facts Facts Facts

So What?

Focus

Now What?

Human beings are unique among other living things. We have the freedom and intelligence to choose our way of life. You _____ refuse the 24/7 treadmill.

You may have to...

- work _____ hours and even settle for _____
- reduce your _____ and _____ more money
- leave the rat _____ for the human _____ of a more _____ lifestyle.

We can learn how to burn brightly after discovering that wisdom comes when you _____ God enough to seek His _____ instead of the _____ of the world.

Here is the choice you must make: ***Will you burn brightly, or will you burn out?***

As a candle is consumed by the passion of the flame; Spilling light unsparingly throughout a darkened room; Let us burn to know Him deeper; Then our service flaming bright; Will radiate his passions; And blaze with holy light



ASPIRE TO INSPIRE BEFORE YOU EXPIRE